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The Excursion Weekend: Mission Possible

by Carol Sabick-Quinn, LLB, MBA

Carol Sabick-Quinn, LLB, MBA, and doctor in energetic medicine, first came to TMI twelve years ago. Carol is an American, but she has lived in Spain for the past thirty-five years. The GATEWAY VOYAGE and subsequent TMI courses changed the direction of her life. She became a healer and for five years taught Reiki and directed a busy Reiki center in Spain, where Hemi-Sync METAMUSIC was used constantly. She is certified as an OUTREACH Trainer and a TMI residential trainer. Now finishing a thesis in psychology, she spends most weekends presenting EXCURSION workshops around Spain and in the U.S. Recently, Carol analyzed one of her own EXCURSIONS in an attempt to discover whether or not a weekend course really gives people a chance to experience the true power of Hemi-Sync®.

SATURDAY

By 9:00 a.m. I've set the stage for another *EXCURSION* into the depths and heights of self. At 9:15 a.m. the doorbell announces the first weekend explorers. As they enter, I note their expectant, excited expressions and the questions in their eyes: "I wonder if this is going to be worth it?" "Will it work for me?" "Does this lady really know what she's talking about?"

As we settle down and begin introductions the group's diversity becomes clear. Mary has a learning problem and hopes Hemi-Sync will make her graphic design studies easier. John is a psychologist in a professional slump and is looking for tools that will give new meaning to his practice. Joe's expectations are high and very specific. His eleven-year-old daughter died of leukemia eight months ago and he wants to contact her. Chuck and Nancy study with a shaman and read a magazine article about out-of-body experiences. They'd like to learn how to do it. Angela was crippled by polio at age two and injured in a car accident at twenty-six. She's in almost constant pain, but her beautiful smile beams as she hops to her mat on one foot, leaving the crutches at the door. Jim heard about Hemi-Sync at a conference on sleep and hopes to find help for his insomnia. Laurie saw me on a late-night show about mystical experiences. She sits next to Kate, a medical doctor who has just taken a female partner and is grappling with the personal issues and social pressures associated with the relationship. A few months ago Karen lost her husband, Carl. Her mother-in-law, Jean, accompanies her. Pete is just curious. A friend said he would enjoy the course, but he doesn't have a clue what it's about.

Looking around at those faces, each hungry for something special to nourish their souls, I silently renew my trust that Hemi-Sync will work its magic. It may not be the exact magic they are seeking, but it will be just right for them. Will I know the right thing to say from moment to

moment? I breathe a silent prayer to the guides, to my Inner Self Helper, and to Bob Monroe if he's around, plus any friends from other dimensions willing to ease the path of change, soften the adventure into the unknown, and open stuck doors.

There's lots of snoring during *Intro to Focus 10*. It must have been a hard week, or perhaps lurking fears are sabotaging ventures into unknown territory. By 11:00 a.m. awake, smiling, and relieved faces are peering from beneath the blankets. Two rush for restrooms. "I've never felt so rested." "Snoring? Me? But I was conscious the whole time." "I imagined I was floating." "Whew, it's not that strange after all!" The fruit and cookie snacks quickly evaporate. I'll have to restock for the afternoon.

Fun with the REBAL (Resonant Energy Balloon) in *Advanced Focus 10* warms things up and the participants begin to feel comfortable with each other. During our lunchtime siesta with *METAMUSIC*, Joe starts to cry. As I speculate that the reason may be memories of his daughter and extend love to him, she's suddenly a strong presence at my side. In an aggravated tone, she seems to ask, "How can I possibly leave when he's in a state like this?" I know losing a child is hard, but I hadn't considered the child's point of view. "Patience," I offer telepathically. "He needs a little more time," and keep the experience to myself.

I explain using the Energy Conversion Box to release fears and emotions as we prepare for our first afternoon tape, *Release and Recharge*. John is radiating skepticism. "It can't be that simple—not deep work." During the subsequent debrief, superficial talk gradually turns inward to the real issues. John matter-of-factly describes taking some things out of the box—"nothing special." All at once he remembers a moment in the tape when he was transported to the concentration camp where his father had lived through hell. Sobbing, he describes the smell of the gas, the feeling of other bodies close by, and floating up through the gas and looking down on friends and relatives below. He vividly recalls seeing his sister. He says, "I know it was just my imagination, but it was so real." He seems relieved after sharing this and his manner is more open and friendly. "And how do you feel now?" I ask. John replies, "I don't know why, but it's like a huge weight was lifted from me, a heavy burden is gone."

The day ends with *Free Flow 10*, and some fears about doing an unguided tape are voiced. As we debrief afterward, Angela, the girl in chronic pain, smiles even wider than usual. "In the last three tapes my body has been quite comfortable, and sometimes I even seem to forget about it. I hope to be able to do this at home." Jean and Karen haven't said much. Karen is frustrated because she only saw a window with a tightly closed shade and heard two distinct knocks. Laurie has been given a message for someone else. "This sounds crazy, but I was told by someone in a blue sweater with a yellow stripe that they are fine and that the participant would know the message was for them. Both Jean and Karen immediately burst into tears. Carl came home a half hour before his accident to get his blue sweater with a gold stripe. They hug Laurie in appreciation.

As we review the day, I remind everyone to set an intention to remember their dreams, as part of the unfolding process. Their animated discussion continues in the street before they depart in separate directions.

SUNDAY

Several participants report interesting events from the previous night. Chuck thought he had gotten out of bed to go to the bathroom, but as he looked in the mirror there was no reflection. When he tried to touch the mirror to see what was wrong, his hand went right through it. Suddenly he woke up in bed. He decided it must have been a dream. "But it felt so real..." Jim (the insomniac) spent most of yesterday's tapes "sleeping." Convinced that he couldn't possibly sleep any more, he stretched out on the couch to watch TV. He woke up at 8:00 a.m., in the same position, with the TV spouting the morning news. Mary arrives late and looks exhausted. She went dancing the night before, and the lead singer at the disco decided to invite a member of the audience to sing along. He insisted that Mary come to the stage. She was far too nervous to recall the words to the song until she remembered to use the Focus 10 encoding to relax. Like magic, she knew the words and realized her dream of publicly singing with a group. Mary had almost given up hope because of her learning difficulties.

Jim continues to snore through the first tape, *Intro Focus 12*. By the time we debrief, Nancy is floating. She entered a space of deep peace with images that agreed with her shaman/teacher's descriptions. Joe is beaming. He has connected with his daughter, but her message was unexpected. "She told me I had to cut the wire that was holding her back, and it was then that I noticed that the wire was attached to me. I couldn't believe it, but I knew I had to ... let her go. I can think about her now without so much suffering. I know she's okay."

Problem Solving is totally frustrating for Pete. An avid follower of the teachings of St. Germaine, his only image was a boat with a bust of his guru on the bow. The bust "looked at him" as the boat passed by. He didn't understand the message and feels bad without knowing why. John has the insight that Pete's ready to take responsibility for his own enlightenment. Kate senses feelings of abandonment and his fears about being on his own. Pete protests but finally agrees they might be right. He had forgotten that after the boat passed, a big highway seemed to open up in front of him.

After lunch, *Quantum Self* triggers a mixture of vivid experiences and click-outs. As I sit listening to the last tape with the group, a breeze brushes my left cheek, but the room is windowless. I tune in to the breeze and discover that Carl is thanking me for offering this opportunity to his wife and mother. I feel warm and fuzzy. A stronger breeze caresses my right cheek, and I recognize the energy of Robert Monroe. Again there is a feeling of gratitude, a thank you for spreading the word of Hemi-Sync. And I also express my gratitude for this

technology that—with a bit of help from higher dimensions—has once again opened gateways that could not have been accessed otherwise.

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